

# HYPNOTISM THE GREATEST BLESSING of the CENTURY Says noted Washington Physician.



Control of Mind Over Mind  
May Become Fashionable  
Cure for Society Belles  
Who Are Nervous Wrecks,  
and for Brain Workers.

**T**HIS THE day approaching when hypnotism will be the greatest medicine in the world? Will society belles and members of Congress, run down and nervous from too much excitement, have their health restored by thought waves?

Is there danger of chloroform and ether being discarded as useless because complete anesthesia can be produced by the power of one brain over another?

Can hypnotism, that has for years been the dominant factor among the people of British India, become a fetish and a charm among practical Americans, and will the physician of the future delve into its mysteries as deeply as he does into the intricacies and possibilities of materia medica?

All these things and more are boldly predicted by one of Washington's leading practicing physicians in the following article. In unqualified language, he foretells how the brain will supplant the medicine chest as the restorer of failing strength and the cure of wasting disease. He argues that the mystic powers of hypnotism must be used because the ills peculiar to this country can be relieved in no other way. The physician's name is withheld, because of the widespread opinion in the medical profession that it is unprofessional for physicians to "go into print" over their signatures.

The author, however, is one of the most able practitioners in

Washington, and enjoys a national reputation.

Just so surely as the human race becomes subject to an ailment, the remedy for that ailment is discovered. This is a law of nature, without the operation of which the population of the world might have been destroyed centuries ago.

Today, not only in this country, but among all civilized peoples, there ascends from men and women a cry of nervous troubles and "brain exhaustion" in startling chorus. Our life has reached a point in striving, intensity, and application that puts upon the nervous energies and the brain resources of persons a demand unprecedented in the history of the world. Naturally, the result is a strain upon the nervous system and the brain that ends in weakened and diseased nerves and brains.

Against these troubles, drugs are powerless. Prescriptions may be written by the thousand, all the formula known to materia medica may be invoked, but the medical fraternity and a great proportion of the laity have awakened to the fact that such resources are of practically no avail. The trouble is with the brain, not the stomach; with that delicate organism, the nervous system, which is dependent on the operations of the brain and the mind.

#### Brain to Cure Brain.

Nothing, therefore, could be more natural than that out of the healthy brain there should come the panacea for the diseased brain. Hypnosis is the sleep which may be induced in one person by an-

other person. It is the slumber that the brain of a person induces in the body of another person through brain domination. And, while in hypnosis—or under hypnotism—a person's brain can be so manipulated, as it were, by the hypnotist's brain that only good results will follow.

It is incomprehensible to me that nearly all my professional brethren either take the view that hypnotism is quackery or else ineffective. As a matter of fact, it is as profound a science as mathematics.

Most distinctively, it is effective. There are recorded cases where a man has hypnotized persons and conveyed to them the mental suggestion that they were wolves, and they have actually bitten him in their snapping and snarling; where a man who had lost his memory and had suffered from that terrible affliction for twelve months regained his power of recollection as a result of hypnotic treatment; where surgical operations of a severe character have been performed on persons without any pain on their part because, although they were unable to take the regular anesthetics, they were rendered insensible to pain by hypnosis; and where persons suffering with delusional insanity have been completely restored to reason.

#### All Matters of Record.

All these cases, and hundreds of others, are matters of record, substantiated by witnesses, and collected and preserved by such men as the famous Forel, whose tireless experiments have done so much to advance this science to its present stage.

Also, it is not unquackery. Quack-

ery is mere pretense, a hollow mockery, which, by its very delusions, catches the credulous and the thoughtless. Hypnotism is one of the highest agents for good known to the history of the race. Such an agent it is, and so wonderful are its powers, that the world today has had barely a hasty peep at it through the curtain of dogma and undeserved ridicule that it has received at the hands of an ignorant press, a careless public, and a medical profession which, reared among bottles and taught to believe only in things which can be compounded and swallowed, turns a deaf ear to the call of wisdom—a wisdom, by the way, which has wrought marvels every time it has been employed for the bettering of human beings.

What is the operation of hypnotism? How can the brain, without visible manifestation and without visible means, heal the sick and cure the halt? What occurs when hypnosis is used as a weapon against disease?

To use popular language and words free from technical language, it can be explained as follows:

A person is hypnotized—that is, the patient is put into a hypnotic

sleep, a condition, by the way, which is very close to actual sleep. The hypnotist conveys to the brain that he controls the suggestions he considers good for the ailment in question. For the time being, the subconscious mind and the active, voluntary mind are, of course, dominated by the hypnotist. He

"suggests," either by spoken word or by concentrated thought, that a nervous person will improve, that the patient will cease to think he has nerves, that all idea of strain and worry will leave his mind, that he will work in a manner conducive to resting his shaken nerves and tired brain. That is the whole of hypnotism.

It does not seem absurd. It could not be called quackery. The power of one person to dominate another person has been too often demonstrated. We all know of the boy in school who, through some indescribable gifts of personality, is the favorite, the ring-leader, the moving spirit. Napoleon had a personality, an animal magnetism, that carried every one before him. Persons, especially women, are often heard to say:

"Such and such a person is positively irresistible. I can't explain it. You just think he, or she, is right, and there's an end of it."

There you have your hypnotism in its crudest, undeveloped form, the domination of one brain and personality over other brains and personalities. It is only a question of knowledge and science that enables the skilled person to carry it far enough to induce sleep, and to convey to the hypnotized person the suggestions that will do the body and the brain good.

That the domination of the hyp-

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